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## **CLAIMS**

1	1.	A disposable plate comprising:
2		a substantially flat central portion;
3		a raised rim around the substantially flat central portion;
4		an elongated tab element that is attached to the outer edge of raised rim furthest from the
5	substantially flat central portion, the tab element being adapted to be grasped by the fingers of a	
6	user.	
1	2.	A disposable plate system comprising:
2		a plurality of disposable plates, each plate having a substantially flat central portion
3	surrounded by a raised rim;	
4		wherein each plate has an elongated tab element that is attached to the outer edge of the
5	raised rim furthest from the substantially flat central portion, and	
6		the tab element of a plate is adapted to be grasped by the fingers of a user and pulled to
7	separ	ate the last mentioned plate from the plurality of plates.
1	3.	The disposable plate system of claim 2 wherein the plurality of disposable plates are
2	assembled as a stack of disposable plates from which plates are removed from the top or bottom	
3	of the stack by grasping the tab of the disposable plate at the top of the stack and pulling upward	
4	and b	by grasping the tab of the disposable plate at the bottom of the stack and pulling downward.
1	4.	The disposable plate system of claim 3 wherein to remove a disposable plate from the top
2	of the stack the tab of the plate on top of the stack is grasped and pulled upward away from the	

stack while the tab of the next to top plate is grasped and pulled downward toward the stack.

- 1 5. The disposable plate system of claim 4 wherein to remove a disposable plate from the
- 2 bottom of the stack the tab of the plate on the bottom of the stack is grasped and pulled
- downward away from the stack while the tab of the next to bottom plate is grasped and pulled
- 4 upward toward the stack.

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- 7 6. The disposable plate system of claim 5 wherein the tab on each disposable plate in the
- 8 stack of plates is distinguished in some manner to make it easily visible with respect to the rest of
- 9 the plates in the stack.
- 1 7. The disposable plate system of claim 5 wherein the manner in which one disposable plate
- 2 in the stack is distinguished is different than the manner in which other plates in the stack are
- 3 distinguished so that one disposable plate can be identified with respect to other disposable plates
- 4 after they have been removed from the stack of disposable plates.
- 1 8. The disposable plate system of claim 2 wherein the tab on each disposable plate of the
- 2 plurality of disposable plates is distinguished in some manner to make it easily visible with
- 3 respect to the rest of the plurality of disposable plates.
- 1 9. The disposable plate system of claim 2 wherein the manner in which one disposable plate
- 2 is distinguished from the remainder of the plurality of disposable plates is different than the
- 3 manner in which others of the plurality of plates are distinguished so that one disposable plate
- 4 can be identified with respect to other disposable plates after they have been removed from the
- 5 plurality of disposable plates.

- 1 10. The disposable plate system of claim 9 wherein the plurality of disposable plates are
- 2 assembled as a stack of disposable plates from which plates are removed from the top or bottom
- 3 of the stack by grasping the tab of the disposable plate at the top of the stack and pulling upward
- 4 and by grasping the tab of the disposable plate at the bottom of the stack and pulling downward.
- 1 11. The disposable plate system of claim 10 wherein to remove a disposable plate from the
- 2 top of the stack the tab of the plate on top of the stack is grasped and pulled upward away from
- 3 the stack while the tab of the next to top plate is grasped and pulled downward toward the stack.
- 1 12. The disposable plate system of claim 11 wherein to remove a disposable plate from the
- 2 bottom of the stack the tab of the plate on the bottom of the stack is grasped and pulled
- downward away from the stack while the tab of the next to bottom plate is grasped and pulled
- 4 upward toward the stack.
- 1 13. The disposable plate system of claim 2 wherein the manner in which one disposable plate
- 2 is distinguished from the remainder of the plurality of disposable plates is different than the
- 3 manner in which others of the plurality of plates are distinguished so that one disposable plate
- 4 can be identified with respect to other disposable plates after they have been removed from the
- 5 plurality of disposable plates.
- 1 14. The disposable plate system of claim 3 wherein the tab on each disposable plate in the
- 2 stack of disposable plates is angularly offset with respect to the tab of adjacent disposable plates.

- 1 15. The disposable plate system of claim 10 wherein the tab on each disposable plate in the
- 2 stack of disposable plates is angularly offset with respect to the tab of adjacent disposable plates.
- 1 16. A disposable plate system comprising:
- a plurality of disposable plates, each plate having a substantially flat central portion
- 3 surrounded by a raised rim;
- 4 wherein each plate has a cutout in the outer edge of the raised rim,
- 5 the notch of a plate being adapted to assist a user separating the last mentioned plate from
- 6 the other of the plurality of plates.
- 1 17. The disposable plate system of claim 16 wherein the cutout in the rim of each disposable
- 2 plate in the stack of disposable plates is angularly offset with respect to the cutout in the rim of
- 3 adjacent disposable plates.

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